



**OVEREATERS ANONYMOUS
CENTRAL NEW MEXICO INTERGROUP**
Help for Compulsive Eaters, Bulimics and Anorexics



April 2026 Newsletter

Central New Mexico Intergroup, P.O. Box 30273, Albuquerque, NM 87190

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OA Responsibility Pledge

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Step Four

Made a searching and fearless moral inventory of ourselves.

Step Four Spiritual Principle

COURAGE

Tradition Four

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Editor's Note

Undertaking Step Four is often described as a turning point in recovery, and I have come to understand why. A searching and fearless moral inventory is not merely an exercise in self-examination; it is an act of profound courage. It invites us to look without distortion at the patterns, fears, and resentments that have quietly shaped our lives. This step asks us to move beyond avoidance and into clarity, trusting that honesty, however

uncomfortable, opens the door to genuine transformation. In my own experience, the willingness to face these truths became the catalyst for genuine healing and success working my program.

What I discovered through Step Four was not condemnation but liberation. By naming what had long remained unspoken, I encountered a loving higher power, accountability, and the courage to change. The inventory revealed not only the roots of my struggles but also the possibility that I am responsible for my behavior, triggers, and apathy. Recovery occurred when I met my history with humility and openness. Step Four, in all its rigor, became the foundation upon which a more authentic and peaceful life emerged. It remains, for me, the key to lasting recovery.

Intergroup Updates

Potential Bingo Event in the Works

Leslie Slow-Kaufman and Sue M. are currently exploring the possibility of hosting a committee-sponsored Bingo event on a Sunday afternoon. Tentative dates under consideration are May 31 or June 21, with a potential start time of 1:00 or 2:00 p.m.

While plans are still in the early stages and nothing has been finalized, more details will be shared as they become available. Stay tuned!

Latest News

Support OA's New "Find a Meeting"

Overeaters Anonymous is preparing to launch a new and improved website, including updates to the "Find a Meeting" tool. Enhancements will include more detailed meeting information, improved search functionality, easier..

[Read more...](#)

Call for Short Stories for OA's New Daily Reader (Deadline June 1, 2026)

Share Your Voice: OA's New Daily Reader Overeaters Anonymous is creating a new daily reader that reflects the wide range of beliefs in our fellowship. Members from secular or non-traditional...

[Read more...](#)

OAR3 eBlast February, 2026 | 8 Practical Lessons A Member Learned About Relapse and Recovery in OA

In this month's Twelfth Step Within e-blast, "8 Practical Lessons A Member Learned About Relapse and Recovery in OA," a member reflects on powerful insights gained through working the Twelve...

[Read more...](#)

Upcoming CNMI Events

Virtual OA Twelve Step Workshop (15-Week Series)

March 31, 2026
July 7, 2026

6:00 pm - 8:00 pm

Join Virtual Overeaters Anonymous
for a 15-week Twelve Step Workshop
designed to help participants...

[For all the Details...](#)



Take a walk around the park

April 4, 2026

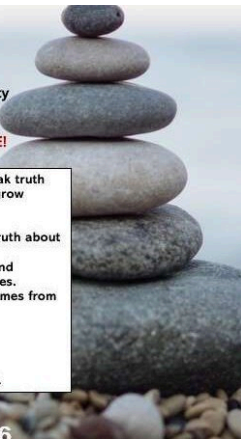
4:00 pm - 5:00 pm

**Albuquerque - 1800
Mountain Road, NW**

Join your fellow OAs for an OA
fellowship walk around Tiguex Park
which is just east of Old Town....

[For all the Details...](#)

Upcoming Region 3 Events



Brotherhood

Come for real conversation, shared experience, and practical spiritual tools for living in integrity and freedom.

ALL MEN IN OA ARE WELCOME!

A workshop for the men of OA to speak truth without shame, connect deeply, and grow spiritually.

Together we'll explore:

- **Honesty** — the courage to tell the truth about our experience.
- **Surrender** — letting go of self-will and trusting a Power greater than ourselves.
- **Brotherhood** — the strength that comes from walking this path together.

For more info: Contact Melvin B. at gizmo5542@gmail.com.

Sponsored by the Region 3 TSW Committee.

Saturday, April 11, 2026

**For the Men of OA:
Honesty, Surrender &
Brotherhood Workshop
April 11, 2026**

1:00 pm - 2:30 pm

Attend this recovery-focused workshop centered on honesty, surrender, and brotherhood for real...

For all the Details...

Is your OA Zoom meeting having issues with disruptors? There is a solution!

**April 18, 2026
April 19, 2026**

3:30 pm - 4:30 pm

Zoom Security Training offered by Jenean in Region III If you're interested in learning how to...

For all the Details...

Global Events



WORLD SERVICE BUSINESS CONFERENCE (WSBC)

**April 21, 2026
April 25, 2026**

12:00 am

**Albuquerque - 1000
Woodward Place NE**

Want to give service while attending
WSBC and have fun at the same
time? This is also a great...

[Read more or book now!](#)

Serenity Retreat
APRIL 24-26, 2026
*Mission San Luis Rey
Oceanside, CA*

Our leader joined OA in 1988 weighing 200 pounds and was a chronic slipper for years before getting abstinent in 2000 and losing 75 pounds. She has a history of sexual trauma from childhood and is grateful that consistent step and tradition work has enabled her to move on and forgive the seemingly unforgivable. She's helped many others who are dealing with similar trauma challenges and actively works the Maintenance Steps (10, 11, 12) daily.

4:00PM FRIDAY TO 1:00PM SUNDAY

SATURDAY ONLY	3 DAYS 0 NIGHTS	3 DAYS 2 NIGHTS	3 DAYS 2 NIGHTS
NO ROOM	NO ROOM	SHARED DOUBLE ROOM	PRIVATE SINGLE ROOM
3 meals	6 meals	6 meals	6 meals
\$65	\$170	\$295	\$345

*PRICES ABOVE DO NOT INCLUDE EVENTBRITE FEES

Online registration only:

San Diego Serenity Retreat | Apr 2026

**April 24, 2026
April 26, 2026**

4:00 pm - 1:00 pm

**Oceanside - 4050 Mission
Avenue**

Our leader joined OA in 1988
weighing 200 pounds and was a
chronic slipper for years before
getting...

[Read more or book now!](#)

Newsletter Submission Deadline

Please submit all events and flyers by the last weekend of each month to ensure inclusion in the newsletter.

Click the buttons below to use the newsletter submission form or email the Newsletter Editor at newsletter@oa-cnmi.org.

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